



FILIPINO CULTURAL TIPS

FOOD

- In Filipino culture, food is an expression of Godly love. It is common practice and good manners that hosts will provide a meal for you when you visit. Please ensure you do not arrive at a Filipino's home too full!
 - Be prepared to be fed well and try new things! It is good manners to accept what is offered to you.
 - If you are hosting Filipinos, it is a kind gesture to offer them a meal as well! If not a meal, make sure you offer them something to drink or snack on – even though they insist you do not bring them anything!
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HOSPITALITY

- Filipino food culture is a prime example of how they show hospitality to the guests. They go above and beyond for every welcomed visitor! So please make yourself feel comfortable.
 - Try to have a pair of sandals for visitors and clean your homes thoroughly.
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FAMILY

- Filipinos value their families a lot, especially our elders. The family unit is heavily protected and considered sacred.
 - It is also ingrained in our culture that respect is shown by being indebted to our parents and elders. In Tagalog, this is called utang ng loob. As a result, children are often taught to put aside their personal goals if their elders want or need them to do something else. This is a strong motivating factor for many individuals to work in Canada.
 - Be mindful of this context as you have conversations about family!
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TIME

- Don't be surprised if Filipinos do not come on the dot. It is common practice to arrive later than the time you agreed upon. This does not mean they don't value your time. Rather, punctuality is not prioritized in social gatherings – because you'll be hanging out for a while anyways!
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RECIPROCITY

- Reciprocity is key for building relationships with Filipinos. They are a reciprocal people. They do not show gratitude or praise merely by words, but by actions and gift-giving. Oftentimes, a gift or acts or service has much more impact than a million words.
 - When visiting a Filipino family for the first time, try not to come empty-handed. Bring dessert or a beverage! It could be the start of a really good relationship :)
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RESPECT

- Filipinos heavily value respect in relationships. A good example of this is the use of titles. You don't need to know all the titles they use in the Tagalog language. However, if you are meeting a pastor, please do not merely refer to them by their first name unless told otherwise!
 - Try not to cut people off too much in conversations. Instead, let people talk, and jump in only when appropriate.
 - Finally, please be mindful of your tone or the things you are saying. The last thing you want to do is to offend someone by proving you're right.
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